

Coach's Goals & Objectives

GOAL:

What goal do you want to achieve?

OBSTACLES:

What obstacles could prevent you from achieving this goal?
(List as many as possible.)

SOLUTIONS:

What specific action steps can you take to remove each obstacle?

PAYOFF:

What specific benefits will be attained from achieving this goal?
Why is this important to you?

How will achieving this goal make you feel?

OBJECTIVES:

What specific action steps need to be taken, in order to achieve this goal?

Assign completion dates for this goal as well as for each step.

How must I be feeling to achieve this goal naturally and easily?

What must I be doing on a daily basis to feel this way?

What must I be thinking on a daily basis to achieve this goal?
